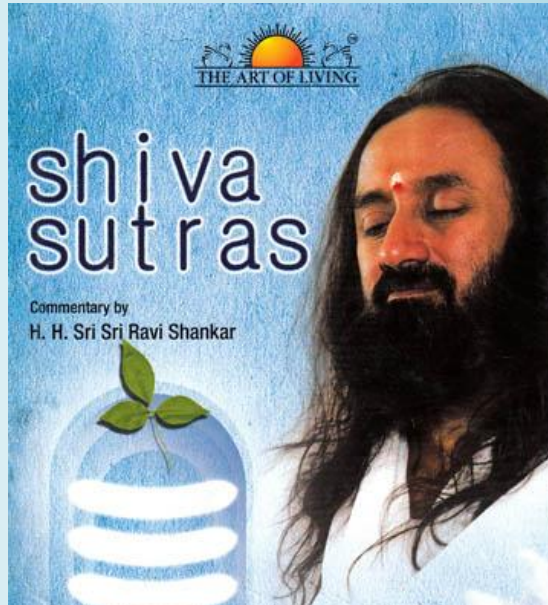




(QUICK REVISION) SUMMARY KEY POINTS FROM DISCOURSE
OF SHIVSUTRAS BY H.H. SRI SRI RAVISHANKARJI – 7 VIDEO
SESSIONS COVERED

The forever treasure

Shivsutras - (Day 1) -Hrishikesh, India

- 1) Everyone of us has experienced happiness sometimes in past. The Nature of mind is to hold on to Negative things keeping Positive things aside. And the Art of moving ahead with Positive things has been described in “शिवसूत्रा (Shivsutras)”
- 2) The first sutra is “चैतनया आत्मा”. That with which every particle of universe is made up of is called “चैतनया (Consciousness)”. If we want to have “Self-Realization” then we will have to become aware about “चैतनया शक्ति (the power of consciousness)”.
- 3) A person who is awake also has consciousness and a person who is sleeping also has consciousness but difference between both of them is the consciousness is "awakened in the person who is awake".
- 4) Every particle of this Universe has “चैतनया (Consciousness)” in it but it is awakened somewhere whereas somewhere it's in idle state. Knowing this person can attain Self-realization.
- 5) All these gymnastics of Sadhana – Kriya – Yagyas is to awake the consciousness in you.
- 6) Next sutra is “ज्ञानाधीस्तनम् मातरिका”. We understand or grasp knowledge through "Words". But sometimes the collective form of knowledge or words itself takes form of Ego and disturbs us so that time what shall we do?
- 7) If there is anything that is bothering you then it cannot be a single "Word" it would be “Sentence”.
- 8) Then it is said that from “Sentence” you break up “Words” one by one and focus on them. For example “My son is jobless”, so you break up this sentence one by one like “Myyyyyy Sonnnnnn issssss.....” and then you will see those were just words that were creating illusion of fear in you as a sentence and thus awareness dawns in you.
- 9) That is where power of “Chanting” comes. “मंत्र वोही है जो शब्द जिसे बार बार दोहराने से चिंतारूपी भाषायें और वाक्य दूर हो जाते हैं (Mantra is something which when chanted again and again removes all kinds of worries from mind)” -- “मननेत इति त्रयते”

10) When we move from “Sentence” to “Words” and focus on our energy plexus in body then mind calms down.

11) Next sutra is “उद्यमो भैरवा”. Our mind and body has opposite perspectives. The body becomes sturdy when you do gymnastics or effort whereas mind becomes strong when you relax more and more.

12) We usually say “Let it happen at God's Will” but this is not true. We will have to first make EFFORT and then RELAX.

13) When we give our 100% in to any work we are doing then the “विश्राम (rest)” happens automatically which gives you glimpse of “Samadhi”. Here the effort could be “Worldly” or “Spiritual” anything.

14) “उद्यम करो - (When you are unhappy do some effort)” do some Sadhana, Seva and Satsang.

15) Next Sutra is “जागृत स्वप्ना शुषुक्ती भेदे तुरिय भोग समवेत”. There are three kinds of state 1) “Awake state”, 2) “Dreaming state” and 3) “Sleeping state”. The state in which we are neither Awake nor Sleeping or Dreaming is called “तुरियावास्था (Turiyavastha)” or a state of “Highest Samadhi”. That is called “Shiva Consciousness”.

16) Thus Shiva cannot be found in “Kailash” it is in-between state of all other three states.

Shivsutras - (Day 2) -Hrishikesh, India

- 1) The amount of inertia in Child is very less than the one who is Scholar. A Scholar is more inert than Child and the reason is we are slowly-slowly moving from an experience to information.
- 2) A child smiles approx 400 times a day, whereas an adult smiles only 70 times a day and a aged person doesn't smile at all.
- 3) Celebration – Love – Happiness and Creativity are the signs of Consciousness.
- 4) And the one who is stubborn (or inert) lacks Consciousness.
- 5) Thus it is said “ज्ञानाँ बंधनः” It is the knowledge that makes you free and it is the same knowledge that binds you.
- 6) If you say “I know everything” then you have not known anything. You are not free then. You are bound by knowledge.
- 7) An Ant can express its Consciousness. For example: if you touch ant it will run here and there and try to escape from you. Similarly there is Consciousness in Trees as well. If you go near tree with an Axe it will cry and if you go with bucket of water it will become happy but the extent of expression is very less, hence trees cannot express the way humans do. Similarly there is also Consciousness in Stone but it's in idle state. Almost to Zero. Thus it cannot express anything.
- 8) The Inertia dawns when you say “I know everything” and you become like Stone (not ready to accept anything) and Consciousness dawns when you are "ready to gain knowledge" because you remain more aware at that time. For example a person who is known to ride bicycle will any way ride with ease, but a person who doesn't know will remember each and every stone coming to his way.
- 9) That's why we should just smile when someone ask “Have u seen God?”. Because you cannot see god. The Shakti with which you are trying to see God is itself God.
- 10) Next Sutra is “सत्यम ज्ञानाँ अनन्तम ब्रह्मा”. When you don't proud of the knowledge that you know; Consciousness awakens. That knowledge makes you free.
- 11) Next Sutra is “योनि वर्गह कला शरिरम”. Wake up and see. All the bodies that took birth from different "योनि (cunt)" are all made up of one Consciousness. Its all ONE.
- 12) If you want to understand that “Our Consciousness is different from this Inert body” then first of all you will have to understand what body is. Thus in Yoga Nidra we take our attention to each and every part of body and thus we come to know that mind and body are not the same.

13) The making of our body is nothing but the Art born out of five senses. With just one drop of sperm and egg the whole body is formed is nothing but an "कला (art)" of five senses.

14) A Stone cannot give respect to anyone similarly an Inert person cannot show respect to anyone. Only a person in whom consciousness is awoken can be humble. And when we become humble to everyone for which all belongs to us we become free.

15) Knowing this we become free from the bondage of knowledge.

Shivsutras - (Day 3) -Hrishikesh, India

- 1) Knowledge is like soap if you will keep it as it is after applying it. It will indeed create more dirt. It needs to be washed away.
- 2) Krishna says in “गीता (Gita)” that there is no supreme thing other than knowledge which will purify you.
- 3) Illusion of “I have too much of knowledge within me” is itself a dirt.
- 4) The characteristic of light is to spread up similarly the characteristic of “आनंदा (joyfulness)” in us is to spread up.
- 5) A child when plays spreads joyfulness around him. It just attracts to anyone around him.
- 6) Next sutra is “शक्तीही चक्रा संधाने विश्वा संहारहा”:- The one who takes all his attention towards the energy plexus in the body becomes free from worldly worries.
- 7) What is that bothers us?? It is the feverishness in us that bothers us. The want of something more bothers us.
- 8) It is surprising that we live with our body throughout whole life but we never take attention to our own body.
- 9) This body is wonderful. It is like Mega city. Crores of bacteria live in our body. Some are friendly while some are unfriendly. Intestine alone has nearly 50,000 bacteria in it. There are 72,000 veins or highways running in our body. It’s all beautiful to observe it.
- 10) The soul is also called “पुरुष (Purush)”. The one who lives in “पूर (Town)”. There is not gender discrimination over here.
- 11) There are many energy plexus (चक्र) in our body out of those 7 are main.
 - **Muladhar Chakra (Bottom of Spine) – At this Chakra either Consciousness dawns or Inertia dawns.
 - **Swadisthan Chakra (Genital region) – At this Chakra energy is either in the form of Sex or Creativity.
 - **Nabhi Chakra (Navel region) – At this Chakra energy is expressed in four forms Jealousy – Generosity –

Contentment and Greed. [Thus when we say a person has big belly he can be either greedy or generous].

****Hriday chakra (Beside Heart)** – At this Chakra energy is expressed in three forms Animosity – Love and Fear. [Thus when we become afraid or in Love or Hate someone something happens in heart]

****Vishuddhi Chakra (Throat Chakra)** – At this Chakra energy is expressed in two forms Gratefulness and Sadness. [Thus when we are grateful or sad throat fills up]

****Agya Chakra (Between Two Eyes)** – At this Chakra energy is expressed in two forms Awareness and Anger. [Hence we say when Shivji became angry he opened his Third Eye]

****Sahasrara Chakra (Top of Head)** – At this Chakra energy is expressed only in the form of Happiness and Celebration.

12) When you observe this journey from bottom to top then “विश्वा संहारहा” you come back to source from outer world where there is only happiness and celebration.

13) All these sutras though small but are very important. If you even pick up any one sutra and understand it. It's enough to move ahead.

14) That Innocence will dawn in you thereafter. Thus Lord Shiva is called [Bholenath]. The Lord of Innocence.

Shivsutras - (Day 4) -Hrishikesh, India

- 1) "तेन वीना तृणामपी ना चलती" - We often hear or say "If it is God's will, it will happen". But have you noticed? We usually say this when we are not enthusiastic in any work we want to do.
- 2) Many say "We will do Sadhana, when Guruji will want us to do" but We don't say "If it is God's will that I should eat food, it will happen" nor we say "If it is God's will that I should see movie, it will happen", but we often say in work that we are not enthusiastic to do.
- 3) Somewhere if we win we say "I have won" and when we fail we say "it could be God's will" such people are called "अनुकूल सिंधु (one who only love to stay in their comfort zone)"
- 4) We misuse this beautiful sentence and apply it to our own comfort zone.
- 5) There is a saying "अजगर करे ना चाकरी, पंछी करे ना काम. दास मलूका कह गये, सब के दाता राम"; Saint Mulka has said this to some other relation and we took this up and messed up everything.
- 6) Whatever effort you do 100% physically and by being mentally with it is itself called "Shiva"
- 7) If you are considering Lord as "Dourer" then you are not "Sufferer" as well. If you say "It was Lord who made thief to steal" then it will be the "Lord who will suffer in Jail"; then where does the thief come in between!!
- 8) "उद्यमो भैरवा" - Whatever task you want to carry just complete it out. Thinking on it again and again will end up nowhere.
- 9) The work which you want to complete, complete it and the work which you want to leave, leave it and relax. That's it
- 10) The "क्रिया शक्ति (will to do)" in you is itself "Shiva"
- 11) Krishna says to Arjuna "कृतवा लाभो लाभौ जया जयौ तातो युद्धया यूज्यास्वा नैवाम पापम आवापस्यासी" means "Having an equal mind in happiness-sorrow; gain-loss; victory-defeat; engage in battle and thereby you will not incur sin".

12) Knowing that everything is happening by itself you become observer. The digestion process in you is happening or you are doing it? It's happening, right. So knowing this that everything happens at God's will; You become "साक्षी (witness)" of it.

13) But at the same time Never remain inactive. First Work and then Relax.

14) "सब का दाता राम है पर तुम अपने प्रयत्न से राम दूत बनो". You become God's messenger by carrying out some noble work.

15) You don't make luck if you don't work; similarly by just doing work you also don't make luck. You need skill at the same time. A smart work is always appreciable than hard work.

16) Many people ask me "Guruji, why do good people suffer and bad people enjoy". I tell them "Good people never suffer, if they suffer then its because lack of skill in them".

17) You don't need skill to become unhappy? Do you? No. But you need skill to become happy. Thus it is said "हेयम दुखाम अनागतम्" means Become aware and skilful for the "दुख (unhappiness)" that may come up in future.

Shivsutras - (Day 5) -Hrishikesh, India

1) We usually think that "When all my desires will get fulfill, I will be Happy". But this is not true. Those whose desires get fulfilled go more into depression. Thus we see rich are more depressed than poor.

2) People whose desire doesn't get fulfilled don't go more into depression because they keep themselves engaging into some work.

3) Thus in developed countries like Europe out of 10 children/3 children consult Psychologist.

4) "इच्छा शक्ति उमा कुमारी" - When you become aware of the fact that "Even if all your desire will get fulfilled you won't attain that endless happiness" then you bloom up into endless joy. Because desire keeps arising continuously. If you fulfill one desire another will pop-up immediately.

5) Next Sutra is "दृश्याम शरीराम". This has two meanings

1) When you see mountain, then mountain becomes "दृश्या (Drishya/scenery)" for you and you become "दृष्टा (Drishta/the one who is observing)". But again we feel that our body who is watching "Drishya" is "Drishta", is it true ? No. It is the mind who is watching mountain and not even body. Suppose your mind is somewhere else do you hear what other person is saying ? No. "तथा द्रस्तृह स्वरूपे अवास्तानम" Thus Mind becomes "Drishta" and not body. That's why in Yoga Nidra we take our attention to each and every part of body seeing our body as "Drishya" and our mind as "Drishta". This is first step to dive within. To become "आन्तर्मुखि".

**Sorrow comes when you become one with "Drishya". That's why many a times fans who are watching movie become one with scenes so much that they throw eggs and tomatoes if hero doesn't win in fight with villain.

**The life should be a perfect combination of "भाव (emotions)" and "बुद्धि (intelligence)". The person who are more emotional will never think and person who are more intelligent will not have a drop of emotionality in them. Both are incomplete.

**If you want to become happy "दृश्याम शरीराम". See your body as "Drishya"

**And taking one step further you also see your mind as "Drishya"

**Have you noticed if you look into past and observe all those thoughts that occurred in you before 10 years you will feel that most of them are garbage and useless to you now. And you will thank god for it didn't happen. The thoughts in you keep floating. It has no meaning at all.

2) Another reason is you consider even "Drishya" as your own body. Suppose if air in environment gets polluted will you be able to breathe? So we should consider Nature as part of our own body. You should respect to Nature as much as you respect your body.

"विश्व (Universe)" has beautiful meaning "Shwa" means "That moment which passed" and "Vi" means "Not". So the moment which has not passed away which is still lively and which is THE PRESENT is called Universe.

Shivsutras - (Day 6) -Hrishikesh, India

You are part of Nature as well as Nature is part of you. The whole Nature is our body. The vegetables which we see today will become our body tomorrow and thus mind. So Nature is also our body.

Do not differentiate between Nature and Body. They are one.

Next Sutra is "हृदये चित संगथा दृश्या स्वपद दर्शनाम" means we should embrace our mind into our heart. Then you will see the world as yours.

You can witness the world in two ways 1) from mind 2) from heart. When you witness world from mind you see things as object but when you see it from heart; respect for that object comes from within and world becomes lively to you.

For example A moon is just a planet for scientist but for children it is "चंदामामा (In India we see moon as maternal uncle)". Similarly River Ganges if u see from mind then it's just a River but if you see it from heart then it becomes "गंगा मैया (in India we see River Ganges as Mother)". So a relation develops with nature and you see everything as part of you.

Often in Army, Soldiers are instructed to see enemy as object, so that they can attack easily. If they will see them as human then they will become emotional.

Now what is benefit of seeing world through your heart? Then it is said "चित संगथा दृश्या स्वपद दर्शनाम" The purest Consciousness in you dawns. Violence only happens where there is no sense of belongingness. But when you see everything from heart then you see God residing in them too.

Especially in India we call Nature as "Mother Nature". Even we see Himalayan Mountains and Ocean as king (हिमालय राजा & समुद्र राजा).

Next Sutra is "शुद्धा तत्त्व संघा अपशु शक्ति ही". When we see everything as part of us then we become free from beastly nature. Those animal elements don't override us. A consciousness which is purest of all dawns in us.

The consciousness which is purest of all also dominates. Thus you would have noticed small kids at home do dominate because they are purest of all.

Shivasutras - (Day 7) -Hrishikesh, India

1) Next sutra is “वितर्क आत्मज्ञानाः” - Intellect is divided into three parts

**तर्क (logical)

**कुतर्क (ill-argumentation) and

**वितर्क (illogical)

* “तर्क” – is responsible for Science hence when logic changes scientific estimation changes too. For example :- Science has said that usage of pesticides in farms can help destroy pests but then again another logic came up that usage of pesticides can also destroy crop. Thus when logic changes scientific estimation changes too.

* “कुतर्क” – will only give rise to ignorance. Here you may win through words but you may not win the actual situation. कुतर्क is filled of useless arguments.

* “वितर्क” – is something which is inexpressible. When you go on asking a question “Who am I?” and when you receive answer but not in words then it is called वितर्क. When somebody is snoring that itself describes that person is sleeping. If a person can answer “yes he is sleeping” then he is not sleeping in real. So that which can be understood in silence is वितर्क.

2) The logic that doesn't catch up in words is called वितर्क.

3) वितर्क is to experience and not to express.

Hence it is said you change तर्क (logical) into वितर्क (illogical) and not into कुतर्क (ill-argumentation)

Hindi Pronunciation

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1) तर्क – is pronounced as “Tark” means (logical)

2) कुतर्क – is pronounced as “Kutark” means (ill-argumentation) and

3) वितर्क – is pronounced as “Vitark” means (illogical)

Shivsutras - (Day 8) -Hrishikesh, India

- 1) Through "वितर्क (illogical mind)" you can know yourself. Leave all other questions aside and stick to "Who am i?" until you attain self realization
- 2) What happens if you get self realization? Then it is said "लोकनंदम समधी सुख" you attain that infinite bliss/happiness which no one can snatch away from you.
- 3) The bliss you attain from "Samadhi" does not just raise you but also raise living beings near you.
- 4) Like the characteristic of Light is to spread up, similarly the characteristic of bliss is to spread up.
- 5) If flu or infection can catch you, why can't bliss which is thousand times more powerful than those negative energies!
- 6) It is said that "Mahavir Swami" when would sit for Samadhi; living beings around him in radius of 20 miles would leave violence.
- 7) All the people in this world directly or indirectly work for happiness. And the happiness that they are looking for can only be achieved in Samadhi
- 8) And when you receive highest degree of happiness then small happiness around you cannot shake you. Like when Sun rise you don't care even if candle is lit over there.
- 9) It is not necessary that each and every person on this earth should experience "Samadhi", it's not necessary, even if some people attain; rest will be benefited from it.
- 10) "What is this?" is Science and "Who am I?" is spirituality.
- 11) Next Sutra is "शक्ति संधने शरीर उत्पत्तिहि" means The body comes into existence when union of two energies (male & female) happens. Here you can't say Male energy is dominant than Female energy. Both the energies are considered equal, only then it can form body.
- 12) And then consciousness enters into body making it lively "चैतनया उदय"
- 13) It's all deep science you can only know when you go deep into "Samadhi"

The Blissful End

Jay Gurudev

From: [Knowledge Sessions \[Discourse by H.H. Sri Sri Ravishankarji\]](#)

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An Introduction to Sri Sri Ravi Shankar

Sri Sri Ravi Shankar is humanitarian leader, spiritual teacher and ambassador of peace. His vision of a [stress-free](#), violence-free society has united millions of people the world over through service projects and the courses of The Art of Living.

The Beginning

Born in 1956 in Southern India, Sri Sri Ravi Shankar was a gifted child. By the age of four, he was able to recite parts of the Bhagavad Gita, an ancient Sanskrit scripture and was often found in [meditation](#). His first teacher was Sudhakar Chaturvedi, who had had a long cooperation with Mahatma Gandhi. By the age of seventeen, in 1973, he had graduated with degrees in, both, Vedic literature and physics.

Founding The Art of Living and The IAHV

Sri Sri Ravi Shankar entered a ten-day period of silence in Shimoga located in the Indian state of Karnataka. The [Sudarshan Kriya](#), a powerful breathing technique, was born. With time, the [Sudarshan Kriya](#) became the center-piece of the Art of Living courses.

Sri Sri Ravi Shankar founded The Art of Living as an international, non-profit, educational and humanitarian organization. Its educational and self-development programs offer powerful tools to eliminate stress and foster a sense of well-being. Appealing not only to a specific population, these practices have proven effective globally and at all levels of society.

In 1997, he co-founded the [International Association for Human Values \(IAHV\)](#) to coordinate sustainable development projects, nurture human values and coordinate conflict resolution in association with The Art of Living. In India, Africa and South America, the two sister organizations' volunteers are spearheading sustainable growth in rural communities, and have already reached out to 40,212 villages.

Inspiring Service and Globalizing Wisdom

A noted humanitarian leader, Sri Sri Ravi Shankar's programs have provided assistance to people from a wide range of backgrounds – victims of natural disasters, survivors of terror attacks and war, children from marginalized populations and communities in conflict, among others. The strength of his message has inspired a wave of service based on spirituality through a huge body of volunteers, who are driving these projects forward in critical areas around the globe.

As a spiritual teacher, Sri Sri Ravi Shankar has rekindled the traditions of [yoga](#) and [meditation](#) and offered them in a form that is relevant to the 21st century. Beyond reviving ancient wisdom, Sri Sri Ravi Shankar has created new techniques for personal and social transformation. These include the Sudarshan Kriya® which has helped millions of people to find relief from stress and discover inner reservoirs of energy and peace in daily life. In a mere 30 years, his programs have raised the quality of life for participants in [151 countries](#).

A Figure of Peace

As an ambassador of peace, Sri Sri Ravi Shankar plays a key role in conflict resolution and spreads his vision of non-violence at public forums and gatherings world-wide. Regarded as a neutral figure with a sole agenda of [peace](#), he represents hope to people in conflict. He has received particular credit for bringing opposing parties to the negotiating table in Iraq, the Ivory Coast, Kashmir and Bihar. He was appointed the Chairman of Reception Committee for the 500th anniversary celebrations of the Coronation of Krishnadevaraya (by Government of Karnataka, India). Sri Sri Ravi Shankar is also a member of the Amarnath Shrine Board (appointed by Government of Jammu and Kashmir, India).

Through his initiatives and addresses, Sri Sri Ravi Shankar has consistently emphasized the need for reinforcing human values and recognizing humanity as our highest identity. Fostering interfaith harmony and calling for multi-cultural education as the remedy for fanaticism are significant parts of his efforts to achieve sustainable peace on our planet.

His work has touched the lives of millions of people around the world, going beyond the barriers of race, nationality and religion with the message of a "one-world family"; that inner and outer peace are possible; and that a [stress-free](#), violence-free society can be created through service and the reawakening of human values.

